

SANITARIAN'S NEWSLETTER

August 16, 1994

Volume 94 Number 2

WEST VIRGINIA ASSOCIATION OF SANITARIANS

Officers:

Pres: Stan Walls

Pres-elect: Gary
Hamilton

Vice-Pres: Gary Epling

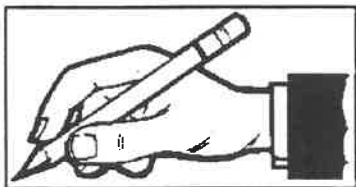
Past-Pres: Clarence
Christian

Sec/Treas: Lee
Thompson

3 year: Robert White

2 year: Mike Eltzroth

1 year: Linda Whaley



EDITOR'S NOTES

Generally, sewage is busy for the first part of summer, and then slacks off, but around here it seems like everything is still going strong. People are either buying, or building houses.

Fairs and Festivals are in full swing, and several of our sanitarians are working overtime to

handle them. We estimate we have over 30 fairs and festivals in our six county region.

My partner, Steve Bayer, and I worked at the Marshall county fair, and can be noted that we had as many Wood County Sanitarians working there as Marshall County ones. We think we had more fun though, as we were hired to do two shows, and barely beat the rain after completing the second show.

MERCER COUNTY NEWS - Submitted by Stan Walls

Mercer County Tobacco Control Coalition conducted a undercover buying operation on Election Day. Nine students, ages 14-16, visited 49 retail stores in Mercer County to attempt to purchase tobacco products.

These students were successful in purchasing tobacco products in 24 stores even though the stores had been notified

by the Health Department that State Law does not allow the sale of tobacco to anyone under the age of 18.

All retail stores in the county were notified of the results of this undercover buying operation and advised that another check would be done this fall.

This effort was done by joint cooperation between the Mercer County Board of Health, The American Cancer Society, local law enforcement and Mercer County Tobacco Control Coalition.

'94 MID-YEAR A SUCCESS! - Submitted by Gary Hamilton

The Mid-Year Training held on May 3rd through May 6th was well attended and presented a variety of information not always associated with just our profession. Approximately 75 sanitarians registered for all or part of the program. Very positive

feedback was heard regarding most presentations and I herein offer my thanks for a job well done by all the participants.

The Thursday morning session by Sandra Ashley of PeopleWork Solutions on the American Disabilities Act stand out in my mind as the biggest eye-opener! Ms. Ashley's presentation was varied, comfortably informal, and pertinent to our understanding of a very significant law that is impacting many of the people and facilities with which we deal.

The Mid-Year started with some controversy. Dr. Lambert of the lab indicated that approximately \$21,000 dollars in fees had been uncollected since the lab began utilizing a fee for service in 1991, and proposed that the sanitarian might be placed in the position of collecting fees for laboratory services at the time of the sample.

Although several sanitarians expressed displeasure with the idea, written comments need to be forwarded to Dr. Lambert. In later conversation with Dr. Lambert, I understood that the comments would

serve as a basis for a committee review and subsequent policy.

During the Sanitarian's business meeting, three topics were discussed at some length. Gary Epling covered this year's success by the Pro-Active Committee and suggested that **anyone present or those sanitarians who were not members should be ashamed of not supporting the Association by becoming members.**

Ron Forren introduced a pamphlet on temporary food service sanitation guidelines that were recently printed by Kanawha-Charleston Health Department and discussion followed about the feasibility of the Association and Joe Shock's office financing a large printing of the pamphlet for use by all sanitarians.

The third topic involved a request for input on the issue of alcoholic beverages at Association functions sputtered after a parliamentary motion. The responsibility of deciding the Association's stance on alcoholic beverages at such events remains with the Executive Committee until a policy proposal is placed before and passed

by the members. (Editor's note: the Executive Council voted to adopt a policy that prohibits the purchase of alcoholic beverages with Association monies)

As the coordinator of the Mid-Year Training Session, I had two scares. First, Gordon Brown, FDA Regional Retail Food Specialist, arrived a day early to do his presentation. After the misunderstanding was discovered, Gordon agreed to stay another day, a day that he had scheduled off to visit relatives (as you may know, Gordon passed away recently, and will be greatly missed.)

The second scare occurred when the first afternoon break refreshments were not provided and I discovered that the Cedar Lakes employees were using last years schedule for breaks.

It is unnerving to face 50-60 unhappy and unrefreshed sanitarians! Thankfully, the Cedar Lakes staff responded to my impassioned pleas and rushed the refreshments to the break room.

All in all, I am pleased that the conference went well, but also thankful that I can turn over next year's program to the capable hands of the incoming President-elect, Gary Epling.



**PES Examination -
Submitted by Ron
Forren**

Sanitarians who recently passed their PES Examination include: Randy Hawkins, Lewis; Richard Barnette, Monongalia; Cliff Livengood, Monongalia; Bonnie Morgan, Greenbrier; Allen McCroskey, Webster; Jeffery Smith, Kanawha-Charleston; Calvin Knott, MOV-Wood; and Terry Berton, Monongalia.



**SUMMER WATCH -
Submitted by Calvin
Knott**

The dog days of summer are definitely here, and along with the hot weather comes outdoor activities and the inevitable contact with arthropods. Most are just bothersome pests, but a few can cause serious problems from mild allergic reactions to life threatening disease.

Two arthropods we will review are the mosquito, which can transmit encephalitis and the deer tick, carrier of lyme disease.

Various species of mosquito may be vectors of encephalitis, including Aedes, Culex and Culiseta, all of which are found in W.V.. The best prevention means, as with most public health problems, begins with good sanitary practices.

These include eliminating breeding sites such as abandoned automobile tires,

discarded flower vases, tin cans, and unused barrels. Repairing clogged and sagging roof gutters and proper draining of stagnant pools is also helpful.

Biological methods such as the introduction of fish that feed on mosquito larvae (Gambusia), can be used before the last method, chemical control. The different means of dispersal of chemical agents includes hydraulic sprayers and misters and these can be mounted on people, trucks and even aircraft.

The most effective chemicals are Malathion, Baytex, Dursban M or 2E, and Abate, with the last having the least toxic effect on non-target organisms.

Lyme disease, the most prevalent arthropod borne disease in the U.S.A., is transmitted by the deer tick. Four different species of Ixodes can carry the spirochete that causes Lyme.

The methods of prevention have less to do with sanitation and more to do with personal protective methods. Keeping vegetation trimmed back on trails, paths and away

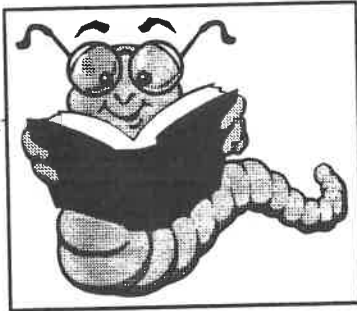
from homes and campsites is very effective. When working or playing in heavy underbrush, wear boots, tuck long pants into boots, wear a long sleeve shirt fastened tightly around the wrists and neck, and use insect repellent on all exposed skin surfaces.

The last step is the most important. That is to completely check all skin surfaces after finishing your outdoor activities.

The deer tick needs to feed for about 24 hours to transmit enough of the spirochete to cause Lyme disease, so a close inspection of the head and body after coming out of the woods is extremely important.

Follow these simple recommendations and your summertime activities should not have any unpleasant effects on your continued good health.

(Editor's note: the W.V.. Lyme disease support group number is 800-666-0256



SANITARIAN SECTIONAL AGENDA SET FOR WVPHA CONFERENCE - Submitted by Gary Hamilton

The agenda for the Sanitarian's Sectional meeting and the combined meetings of the Sanitarians, Laboratory Personnel and Retirees has been set for the September West Virginia Public Health Association's Annual Meeting.

The Sanitarian's Dance is scheduled for Wednesday evening, September 21, from 9:00 pm to midnight, and will feature the band of Rock Wilson and River City. (Editor's note: Rock is only the second person to ever be a three time WVU Mountaineer Mascot. He recently completed his Master's degree in Parks and Recreation after completing Law School.)

After a short general session on Thursday

morning, the Sanitarian's program begins promptly at 9:15 with a short period of time for registration.

Topics and speakers: The Rural Wastewater Demonstration Project (Frank Schultz, WVU Extension Service); Cross-connections and Backflow/Backsiphonage Hazards (co-ordinated by Nada Beneke); Sanitarian's Luncheon and Business Meeting; Certification of Asbestos Abatement Contractors (Richard Peggs, OEHS); Hazards and Remedial Action for Lead (Karol Wallingford, OEHS).

Friday morning's combined sectional meeting for Sanitarians's, Laboratory Personnel and Retirees begins at 9:00 am. Topics and Speakers: Update on Office of Environmental Health Services (Joe Schock, M.Ph., P.E. et. al); Emerging Food-Borne Pathogens - What Are They? (Dr. Robert Anderson, WVU Extension Service); Health Licensure and Certification (Linda Kramer, Director, and Gary Burton, Executive Assistant - Life Safety Code / Physical Environmental, Health Facility Licensure and Certification).



**ROGER AMOS
RETIRES - Submitted
by Steve Bayer**
Roger Amos, R.S.,
retired from the Mid-
Ohio Valley Health
Department effective
July 31, 1994. Roger
began his career in
public health on
November 1, 1960, with
the Wood-Parkersburg
Health Department.

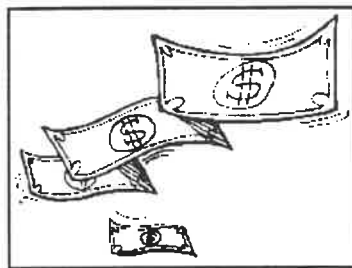
As he often liked to say,
it was just a temporary
job that became
permanent. After 33
years and 9 months in
the "temporary" position,
Roger certainly deserves
to set the inspection pad
aside and pursue his
many personal interests
and hobbies.

Always an active "flea
marketeer", gardener
and general Mr. Fix-it,
we are sure that he will
be extremely active in
those personal ventures.
We know Mildred, his
wife, will keep a close
watch on him. After all,
she's had that job for

several years.

To say we will miss
Roger is an
understatement. He has
seen sanitarians come
and go and has watched
the health department
evolve to its current
position.

He has made many
friends during his
association with the
health department and
those will endure
forever. His knowledge
of the area will be sorely
missed and his expertise
will not soon be
replaced. So with mixed
emotions we say
"Congratulations on a
job well done and best
wishes for a happy and
healthy retirement."



**RETIREMENT
PLANNING - Submitted
By Clarence Christian**
It is never too early to
begin your retirement
planning but there are
distinct paths to follow,
at various ages.

Under 40:
* Maximize contributions
to your pension plan and
your IRA.

*But mutual funds on
margin. Borrow from
your broker at 1 or 2
points over the prime
rate, then invest in no-
load stock funds.

*Buy your own home.

*Invest in rental real
estate.

Ages 40-55:

*Keep funding your
retirement plans.

*Invest in variable
annuities.

*Invest in tax liens.

*Sell your large
residence after age 55.
At that age you can
make a once-in-a-
lifetime election to
exclude up to \$250,000
in capital gains.

*Sell you home to your
children and rent it back.

Ages 59-1/2

*Begin taking
distributions from your
retirement plans. At
that age you are not
subject to the 10% early-
withdrawal penalty.

*Use direct rollovers.

*Put your assets into a
revocable living trust.
You continue to control
all of your property yet
assets in the trust bypass
the time and expense of
probate.

*Use dual trusts to reduce estate tax. Each spouse can leave up to \$600,000 to a family trust, passing assets to their children and using a "unified credit" to escape estate tax. Yet the surviving spouse can have a lifetime income from the trust.

This strategy permits you to leave up to \$1.2 million to your children, free of gift or estate tax, yet provide for the comfort for the surviving spouse.



A BETTER TOILET - Submitted by Gary Hamilton

It has been estimated that 38% of household water is used in flushing toilets. In other words, approximately 9000 gallons of drinking water is flushed annually by every American in order to dispense 130 gallons of solid and liquid body wastes.

But change is coming. The Comprehensive Energy Policy Act of 1992 forbids the manufacture of the high

volume toilets after January of this year, resulting in water efficient toilets that use no more than 1.6 gallons per flush.

Earlier versions of low flush toilet design have been improved by better utilizing the fall of the water from the tank into the bowl with the addition of a flush valve sleeve, which regulates the flush so that only the water at the top of the tank is used.

Improvement in the design of the bowl to increase the water seal's surface area has also lessened consumer complaints of "skidmarks".

Another design that is growing in acceptance employs a pressure tank (the "flushometer tank") that thrusts the flush through the bowl.

Although the pressure tank design is efficient, it is much noisier than the conventional gravity flush units. Consumer acceptance of low flush toilets began to grow in the late '80's, when various water regulatory agencies and utilities launched rebate programs and promoted water conservation.

Studies have shown that ultra-low flush toilets will reduce household water consumption about 15%. From Garbage, The Independent Environmental Quarterly, "Building a Better Toilet", Summer, 1994, pp. 52-57.

SANITARIAN'S TRAINING CLASS COMPLETED - Submitted by Ron Forren

The recent Sanitarian's training class held in Charleston was completed on June 17th, 1994.

Nine new sanitarians are now working in various counties across the state.

They include:
Rick Adkins, Mercer;
Terri Berton,
Monongalia; Jimmie
Kinder, Hampshire;
Calvin Knott, MOV-
Wood; Terry Mayhew,
Berkeley; Allen
McCroskey, Webster;
Bonnie Morgan,
Greenbrier; Jeffery
Smith, Kanawaha-
Charleston; and Mike
Wells, MOV-Pleasants.

NOTICE

Listed below are the names submitted by the Nominating Committee for election to the Executive Council of the West Virginia Association of Sanitarians for 1994-95.

An official ballot and instructions will soon be sent to all members for those who wish to vote and are unable to attend the business meeting of the Sanitarian's Association in Parkersburg.

VICE PRESIDENT:

Stanley Mills, Cabell-Huntington Health Dept.
Michael Trantham, WV University

THREE-YEAR BOARD MEMBER:

Twila Carr, Berkeley County Health Dept.
Joseph Golebrewski, Marshall County
Dave Thornton, Public Health Sanitation Div.

